



The American Academy of Pediatrics New Mother's Guide to Breastfeeding

Joan Younger Meek M.d., American Academy Of Pediatrics, Sherill Tippins



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The Breastfeeding Book Your Doctor Recommends

Why is breastfeeding best for my baby? Will I like it? What if it hurts? What happens when my maternity leave is over? Will I be able to use a breast pump? How can I make this work?

The American Academy of Pediatrics, the organization that represents the nation's finest pediatricians, answers these questions and many more in this invaluable resource to help you and your baby get the healthiest possible start. The benefits of breastfeeding will last a lifetime, for both you and your baby.

Here is everything new mothers need to know about breastfeeding. From preparing for the first feeding to adjusting to home, family, and work life as a nursing mother, this comprehensive resource covers:

- Preparing for breastfeeding before your baby is born
- Breastfeeding benefits for mothers and babies, including the most recent neurological, psychological, and immunological research showing why breastfeeding enhances your infant's immune system and protects against many common illnesses
- Establishing a nursing routine and what to do when you return to work
- The father's role and creating a postpartum support network
- Handling special situations, from C-sections to premature births
- Breastfeeding beyond infancy
- Weaning your baby
- Solutions to common breastfeeding challenges
- And much more

Mothers everywhere will find this book an indispensable guide to one of life's most important decisions.

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Maria Abel:

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Wm Mills:

The reason? Because this The American Academy of Pediatrics New Mother's Guide to Breastfeeding is an unordinary book that the inside of the guide waiting for you to snap the item but latter it will jolt you with the secret the item inside. Reading this book next to it was fantastic author who else write the book in such amazing way makes the content on the inside easier to understand, entertaining approach but still convey the meaning fully. So , it is good for you because of not hesitating having this any more or you going to regret it. This phenomenal book will give you a lot of positive aspects than the other book include such as help improving your proficiency and your critical thinking means. So , still want to postpone having that book? If I have been you I will go to the e-book store hurriedly.

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